

## Make Your New Year's Resolution Stick: 7 Steps To Becoming Physically Active

**Whether you've decided to start being physically active now or you would like to be physically active on a more consistent basis, congratulations!** You have taken an important step by focusing on future goals. Now, it's time to take action.

**Develop Support** | Share your commitment to becoming physically active with those around you. When seeking the support of others, help them understand your reasons for change so they can help you. Make use of the support networks that exist around you, such as friends or co-workers who are willing to help you remain motivated.

**Find The Time** | With some creative thinking, you'll find ways to squeeze a little more time out of your busy schedule. Adding short bouts of physical activity throughout the day really works. Walk down the hall instead of using the telephone or e-mail. Park farther from the door. Could you get up earlier to take a brisk walk? Climb up and down the stairs for 20 minutes during lunch?

**Make Change A Priority** | Perhaps you've already made small changes in your level of activity that you can build on or maybe you will be starting fresh. Either way, adding physical activity into your lifestyle is now at the top of your priority list. You can be confident that you are on the road to success.

**Create A Plan Of Action** | The next step is to set some achievable goals and create a plan of action. For example, if you chose physical activity after work as the area to work on for the week, a specific goal might be walking the dog after work 4 days a week.

**Monitor Your Progress** | It is also important to monitor your progress. Self-monitoring can help you meet your goals by increasing your awareness of the changes you have or have not made. It is also important to build on your goals. For example, if your first weekly goal is to walk the dog 30 minutes twice a week, build on this goal the following week. So, by the end of week 2, your goal will be to walk the dog 30 minutes twice a week plus gardening on Sundays.

**Reward Yourself** | You deserve a medal! You set and achieved some specific goals. Reward yourself with a gift.

**Use Long-Term Vision** | Keep in mind as you are progressing that health professionals recommend at least 30 minutes of moderate-intensity physical activity at least 5 days per week.

Source: [http://www.cdc.gov/nccdphp/dnpa/physical/starting/stage\\_3.htm](http://www.cdc.gov/nccdphp/dnpa/physical/starting/stage_3.htm)

## 7 Step Integration

Here's how you can integrate the seven steps to becoming physically active into your daily routine.

### Develop Support

Find friends, co-workers or family who will join you for evening walks. Gather a group for a weekend hike and picnic. Name two people who you will rely on for support and motivation. Name two ways you would like to alter your environment to support your goals.

### Find The Time

Think about your schedule at work, home, and elsewhere. Find at least three slots that you could devote to physical activity during the next week, and write them down.

### Make Change A Priority

Choose one area of your life (e.g., work, lunch/break time, before/after work, weekends, active indoor chores, active outdoor chores) that you want to address in the next week.

### Create A Plan Of Action

Now it's your turn! Choose four physical activity goals that you hope to accomplish within the next month.

### Monitor Your Progress

Try keeping an activity log for your daily activity.

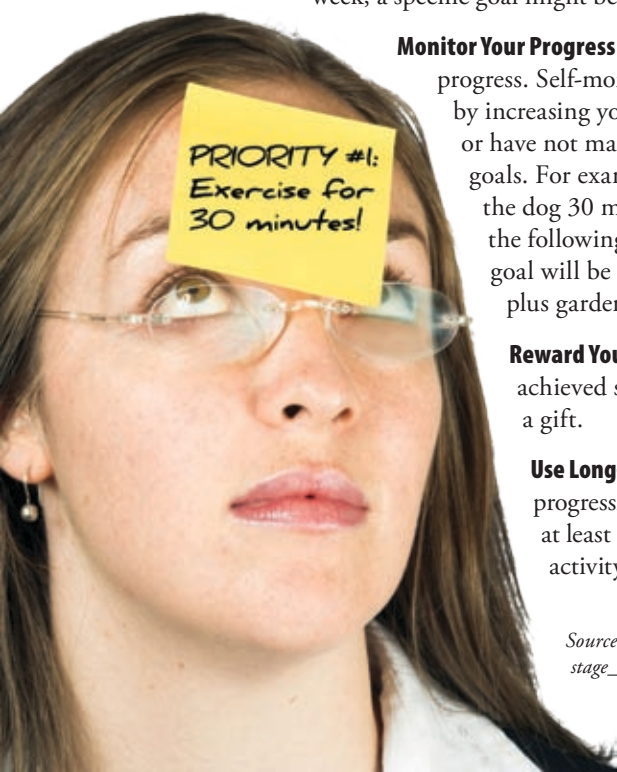
### Reward Yourself

Here are some ideas: a health club membership, tickets to a sporting event, a massage, a new CD, or a sitter for the kids.

### Use Long-Term Vision

This can be your long-term goal, but for now, just keep building on your successes week by week.

Source: [http://www.cdc.gov/nccdphp/dnpa/physical/starting/stage\\_3.htm](http://www.cdc.gov/nccdphp/dnpa/physical/starting/stage_3.htm)





# To Your HEALTH



WELCOA'S ONLINE GENERAL WELLNESS BULLETIN

## Minutes Matter

There are 1,440 minutes in every day... Schedule 30 of them for physical activity.

### Adults Need Recess Too!

With a little creativity and planning, even the person with the busiest schedule can make room for physical activity. For many folks, before or after work or meals is often an available time to cycle, walk, or play. Think about your weekly or daily schedule and look for or make opportunities to be more active.

*Every little bit helps.*

**Remember:** Use a sensible approach by starting out slowly.

Always begin by choosing low to moderate-intensity activities you enjoy the most. By choosing activities you enjoy, you'll be more likely to stick with them.

Source: <http://www.cdc.gov/nccdphp/dnpa/physical/life/tips.htm>



## CHRISTMAS WISH LIST

### Best Reads For The Fitness Enthusiast

By Mike Perko, PhD

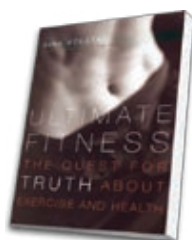


If you can sit down long enough between trips for more eggnog and gift wrapping, I would like to recommend four books that are outstanding reads for all lovers of things fitness. (These recommendations are my own, just for the record).



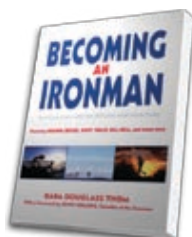
1. ***The Perfect Mile: Three Athletes, One Goal, And Less Than Four Minutes To Achieve It***  
—Neal Bascomb

A classic 20th-century sports story—the true life attempt by three men in the 1950s to become the first to run the mile in less than four minutes.



2. ***Ultimate Fitness: The Quest For Truth About Exercise And Health***  
—Gina Kolata

Current science reporter for The New York Times, Kolata takes an eye-opening journey into the fads, fictions, and genuine innovations that have defined the world of physical fitness.



3. ***Becoming An Ironman: First Encounters With The Ultimate Endurance Event***  
—Kara Douglass Thom (Editor)

This book is a collection of personal stories about the experience of competing in one's first triathlon. Read personal stories about champions, and from those who did not finish. Together they testify to all the joy and agony of the race, and in trying.



4. ***It's Not About The Bike: My Journey Back To Life***  
—Lance Armstrong & Sally Jenkins

Sure, you've probably read it but this story only comes once in a lifetime. 7-time Tour De France winner's journey through cancer and his inspiration to everyone that sickness and death pale in comparison to the will to live.

